



## Hip Rolls with Inner Thigh Squeeze

- Begin in semi supine, feet hip width apart, arms away from body, palms down.
- Exhale, stabilise and fold one knee in, shin parallel to ceiling.
- Exhale, stabilise and fold second knee in, place a ball or cushion between the knees.
- Exhale, stabilise to take your knees to the right and roll your head to the left, whilst gently squeezing the ball.
- Exhale to drag legs back and bring head back to centre.
- Repeat to other side.

\* Repeat x6 each side

When completed take ball / cushion away and place legs down one by one.

### Points to Remember:

- \* Keep your shoulder blades on the mat as you rotate.
- \* Work through your obliques by feeling the resistance of the movement, as if you are moving your legs against a strong wind.
- \* Ensure your pelvis remains neutral throughout, and engage your inner thighs by squeezing the ball.

### Beginner version:

Keep feet on the floor, knees, ankles and inner edges of feet together.

Please warm up before attempting these exercises.

Please note that these exercises are intended for clients of Core Pilates. Core Pilates cannot be held responsible for any injuries sustained whilst performing any of the exercises detailed on this website.